

THRIVING WITH TECHNOLOGY: FOR FURTHER FAMILY DISCUSSION

An important aspect of life and any relationship is reflection and communication. Below are questions that might help you in the reflection process or discussion on technology as a family. It might be helpful to take some time thinking about these questions alone and then, if you are married and part of a family, discuss them with your family unit. There are different questions for different types of families.

All in all, have fun with this! You might like to discuss this over a special meal. Receive the invitation to process this content together as we are not made to journey alone. Be honest and vulnerable – that means you, too, parents! It’s okay to not have everything figured out.

FOLLOW-UP EVENT REMINDER

The Holy Trinity Family Ministry is offering two debrief sessions for parents over Zoom after the March 4 forum, *How to Thrive in a Digital Age*. This is a time to process the content presented and brainstorm/collaborate with other parents on what the way forward might look like.

- Monday, March 8 from 7:30-8:30pm is a debrief geared toward parents of students with their own personal devices (i.e., statistically 5th grade and above).
- Tuesday, March 9 from 7:30-8:30pm is a debrief geared toward parents of children who do not yet have a personal device (i.e., statistically 4th grade and below).

GENERAL QUESTIONS FOR ALL

- Were there any insights from the forum that stuck out to you? Were there any facts or statistics that surprised you?
- What do you see as a potential benefit of technology? A potential downside?
- Why do you think we need wisdom and courage when it comes to the topic of technology instead of a list of rules?

QUESTIONS FOR PARENTS WITH YOUNG KIDS

- Make decisions with the end in mind. Therefore, when your children are in middle school and high school, how do you want them to think about and interact with technology?
- What habits can you put in place now to train your little ones to gain wisdom in the use of technology? What conversations do you need to begin having?
- What resources will you use to help educate yourself on the topic of technology and parenting?
- Do you know of any families, just a little bit ahead, who might be doing this well? What would it look like to gain their insights?

QUESTIONS FOR PARENTS WITH TEENAGERS

- Are you comfortable with the amount of time you and your teenager(s) spend on technology at home?
- What are some of the technology issues you are dealing with at home?
- What would you like to see changed in your family dynamics? Are there any changes you could make to model this?

QUESTIONS FOR TEENAGERS

- Do you feel like technology allows you to hide or suppress what's going on inside at times? If so, how?
- Do you feel like social media makes you more or less self-conscious? Why do you think that is?
- Think about your relationship with social media. Do you feel more connected when you use it? Do you feel happier when you use it? Are you honest when you use it?
- Has this forum made you want to change any of your technology habits? If so, what is the first small step you can take?

FAMILY DISCUSSION QUESTIONS

- Were there any practical tips you might like to implement as a family? If you did implement some new habits, how would they be helpful and how would they be challenging?
- Do you feel that technology, at times, hinders time together as a family?
- Do you sometimes feel there are double standards when it comes to technology in your household?
- How can we support and hold each other accountable when it comes to technology?